



Bite-Size Curriculum

**Ideal for
Trainers!**

**60 Minute
Lessons!**

**Team
Meetings!**

60 minute bite-sized curriculum is designed for trainers, facilitators, team leaders, student leaders and Educators.

Lesson 4 – Failures Make Us Great

Curriculum Designed for Educators, Trainers, Students

60 Minute “bite-size” Lessons

Tips for Use

Curriculum may be used as a tool for professional coaching, peer to peer coaching, guidance counseling, and career counseling.

Overview

The Failures Make Us Great Lesson challenges each participant to redefine success and find the “upside” in their own experiences. Most people only see the “after” of a person’s success and not the “before.” What does the before look like? Video links are provided at the end of each chapter to build on what was read in the book. Use links as needed.

Objective

Targeting young adults and emerging leaders, the objective is to help them understand their feelings and thoughts about experiencing failure.

You Will Need

- ✓ A group leader or facilitator
- ✓ Flip Chart or white board
- ✓ Copies of the book, *F’d UP*
- ✓ Feedback form

Markers

Lesson 4 – Failures Make Us Great

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Before Lesson

Writing Activity: (5-10 min)

1. Ask participants to write about an enjoyable experience. A time when they excelled at something.
2. What did they accomplish that was great and worth recognition? What made the accomplishment great? Explain.

After Lesson (5-10 min)

1. Ask participants to complete the 10-question feedback form accessible in this book and at www.nolimit2yoursuccess.com/forms
2. Discuss questions as a group. Listen. Ask more questions.
3. Encourage participants to reflect, write and share.

Small Group Activity – When I fail... (20 min)

Break into small groups of 4-5. Appoint a scribe for the group. Ask each person to complete the sentence: “When I experience failures, I have a tendency to...” Discuss similarities and differences within the group. Share the top 10 common responses in the large group discussion. Ask the scribe of the group to write the top 10 on a flip chart and post it around the room.

Large Group Discussion (20 min)

The Facilitator will review the responses as a large group discussion pointing out similarities and differences. Note positive responses and negative responses. Expound on the responses.

Feedback Form

Lesson (circle) 1 2 3 4 5 6 7 8

Respond to the questions honestly after reading the assigned chapter in the book *F'd UP: The UPSide of Failure*.

1. Did you find the subject matter in this chapter informative and helpful? Why or why not?
2. What was a new concept or idea you learned in this chapter?
3. How did this chapter help you to deal with failures differently?
4. How did the information in this chapter help change your perspective on failure?
5. After reading this chapter, what do you need to STOP doing?
6. After reading this chapter, what do you need to START doing?
7. After reading this chapter, what do you need to CONTINUE doing?
8. What was your biggest takeaway from the chapter?
9. Who would you recommend read this chapter? Be specific.
10. Will you apply what you have learned? Why or why not? How?

